

SECOND-HIGHEST CAUSE OF DEATH

Depression, suicide rates especially high among college-age men and women

Severe stress can contribute to development of depression

By ASHLEY GOFF

Suicide is the second-leading cause of death in college students today. According to the Johns Hopkins Medical Institute, “depression is a mood disorder characterized by a persistent sad or empty feeling, irritability, and a loss of interest in everyday activities. The condition is twice as common in women as in men and is usually episodic. But unlike normal sadness or grieving, most bouts of depression last for weeks, months, or even years.” Depression comes in many forms, spreading from a chronic, low-grade form of the condition called dysthymia to more severe forms such as bipolar disorder. Although depression itself is usually not considered life-threatening, it can lead to suicidal thoughts or attempts. According to Johns Hopkins, as many as 70 percent of suicides in the United States are related to depression, and up to 15 percent of severely depressed people commit suicide. These statistics are too high. Fortunately, the overwhelming majority of people with depression can be helped by counseling (psychotherapy), antidepressant drugs or other therapies, thus lowering the suicide risk. But in order for people to get the help they need, more people need to be informed about the disorder itself, able to identify the warning signs and know what to do to either find help or get help for another. Symptoms of depression include persistent feelings of sadness, apathy or hopelessness lasting more than two weeks; diminished interest in most daily activities, particularly pleasurable ones; decreased appetite and subsequent weight loss or, conversely, increased appetite and weight gain; lack of sleep (insomnia), frequent awakening throughout the night, or conversely, an increased need for sleep; anxiety and/or diminished ability to think or concentrate. Depression can also be manifested in eating disorders, self-harm and anxiety disorders. Although the cause of depression is unknown in most cases, it is thought to be associated with a combination of medical, genetic and environmental factors. Psychologists believe that imbalances of chemicals that transmit nerve signals (neurotransmitters) in the brain may also play a role. Depression appears to run in families, although no specific genes have been identified. In about 15 percent of cases, depression develops in response to a medical illness or from long-term use of some medications, including beta-blockers for high blood pressure and corticosteroids for arthritis. Other causes of this “secondary depression” include alcoholism, an underactive thyroid gland, vitamin deficiencies and schizophrenia. Episodes may be connected to major life events, such as the death of a loved one or loss of a job; anything that causes severe stress. It is this high amount of stress and pressure that can possibly be linked to the extremely high number of college students that suffer from depression. According to the textbook, “Exploring Psychology” by David G. Myers, which is issued to psychology majors here on campus, stress has different sources and effects. Humans use it to cope with challenges, and it can even be good sometimes, Myers says, like when it pushes us to complete a task. But severe or long-term stress can be dangerous. Not only does stress put us at risk for depression, it can also compromise our immune system, making us more likely to get

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ASUPS PHOTO SERVICES/MAX HONCH

University announces honorary degree recipients

By PHILLIP BRENFLECK

Alumnus and prominent Tacoma community member Dennis Flannigan '61 and professor emerita in ethics at Massachusetts General Hospital Ruth Purtilo will each be awarded with an honorary degree from the University during the 120th Commencement Ceremony on Sunday, May 13. Both recipients are distinguished citizens with an innumerable list of philanthropic and humanitarian achievements. Flannigan will receive an honorary Doctor of Laws degree and Purtilo an honorary Doctor of Humane Letters, both of which recognize their professional accolades and accomplishments. “Dennis Flannigan and Ruth Purtilo have defined their lives according to humanitarian principles that they have embraced consistently and without compromise,” says President Ronald Thomas. “Their records of service across decades, their commitment to achieving things beyond anything their communities could have asked, and their generous offering of hope for others in the fields of public policy and health care tell a story that our 2012 graduates will value as they, too, head down the roads they choose for the future.” Flannigan retired in 2010 after four successful terms as a Washington state representative, and is noted, among other things, for his work under Washington Governor Dan Evans, during which he created a program to increase the number of workers from underrepresented groups in the State Department of Public Welfare. He was asked to teach in the social sciences at Western Washington University for this effort. Additionally, he founded the Pierce County Alliance, which provides mental health care and addiction treatment to citizens in Pierce County; the Emergency Food Network; the Tacoma Area Council on Giftedness, which the University serves as a partner; and the Pierce County Reading Foundation. Flannigan was elected as a Democratic state representative in 2002, and has since worked to secure funding for campaigns such as the Chinese Reconciliation Project, the restoration of Murray Morgan Bridge, the McCarver Park renovation and the Joy Building at the University of Washing-

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ton, Tacoma. He was named an American Leadership Forum Fellow in 1994 and Citizen of the Year by the Washington State Psychologists Association.

Purtilo trained as a physical therapist and began her career in rural North Dakota before she moved to inner-city Chicago. She joined Project Hope in Colombia, and pursued a humanitarian fellowship in Swaziland.

After noticing that healthcare professionals and patients had lost a meaningful sense of being involved in their own work or recovery, Purtilo enrolled at Harvard University to study ethics and the philosophical and religious traditions of ethical inquiry. During her studies there she was named a Joseph P. Kennedy Fellow in Medical Ethics.

Purtilo has since written six books and more than 90 articles about the ethics of health care practice and policy, including a 1983 prize-winning article predicting major ethical and social issues that would arise from AIDS.

Purtilo's current roles include senior research associate at Massachusetts General Hospital's Yvonne L. Munn Center for Nursing Research and presidential visiting professor at the University of Vermont.

The honorary Doctor in Humane Letters will mark Purtilo's fifth honorary degree, and she also holds a distinguished alumni award from Harvard Divinity School. She is also a Catherine Worthingham Fellow and Mary MacMillian Award recipient of the American Physical Therapy Association.

For more information about the honorary degree recipients or for the graduation ceremony itself, don't miss the 120th Commencement Ceremony on Sunday, May 13 from 2-4:30pm.

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Library hosts Edible Books Festival

Collins participates in culinary celebration of literature

By GAELYN MOORE

Each year Puget Sound hosts a chapter of the International Edible Books Festival. Everyone is annually invited to submit something edible inspired by a book. This is a very broad request and has historically gotten very diverse results. Books made out of seaweed from France to Tacoma's own 2011 entry of a cocktail arrangement entitled "Tequila Mockingbird, A Sidecar Named Desire, and The Turn of a Screwdriver". After a reception and awards ceremony on April 30, pictures of each entry were taken posted on the Puget Sound website.

The 2012 crowd favorite was called "The Eggs Benedict Society" with fruit roll-up/modeling chocolate monks sitting in Oreo chairs around a huge eggs benedict in the center. It was inspired by the young adult novel *The Mysterious Benedict Society*. The piece was created by Isobel Ladenburg, a student at Mason Middle School. The book was recommended to her by friends, and although she has yet to read it she immediately associated the word 'Benedict' with her favorite breakfast meal.

Another campus favorite was a representation of *Catch 22* made of 22 colored Swedish fish strung on a line. This creation was by Mary K. Long, a Puget Sound alumna who graduated in the class of 1943 and who came to the event dressed in a hot-pink rain jacket.

Library Director Jane Carlin mentioned that the Tacoma Weekly article published earlier that week brought in more local interest to this year's festival. She

Inspiration: An entry from the 2011 festival based on the New York Times' best seller "Eat Pray Love."

also likes to note that "you don't have to bake or cook anything to enter," as can be seen from the winning submissions. All they really look for is creativity, says judge William Jolly, a professor of culinary arts. "This year's entries have been much more creative," he says.

The festival began as "a celebration of the ingestion of culture and a way to concretely share a book," according to Beatrice Connor, the co-creator of the international event, as she writes on the website books2eat.com.

It started as an idea book artists

came up with after Thanksgiving dinner and soon became internationally celebrated. Other universities that participate in this event include Duke University; University of Illinois; and University of Texas, Austin. While some edible book festivals, like the one in Seattle, have regulations and a submission fee as a fundraiser, Collins Library likes to take a fun, low-key approach to the festival, though a food drive and literacy awareness table are included.

Collins Memorial Library decided to host an Edible Book Festival mainly just for fun. It began

as an April Fool's Day tradition. There are no rules; anyone can submit anything inspired by, or looking like, or including text.

For inspiration in next year's competition Carlin directs our attention to the collection of cookbooks and alternative baking books that Collins Library has in its directory. Some students are already conceiving their entries for 2013. The library director herself is working on mastering a perfect V8 juice and gelatin mixture for an entry inspired by *In Cold Blood*.

DEPRESSION

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sick.

Everyone responds to stress differently, which adds to the confusing nature of depression causes. Creating a support system, whether it is through social interaction, close relationships, hobbies, religious practice or exercise, can be key to keeping

stress low and working through stressful times.

There is always help, and hope, for people suffering from depression. Students on campus dealing with depression or suicidal thoughts can always seek out campus resources. Counseling, Health, and Wellness Services has walk-in hours on Monday through Friday from 1-3pm. If a student is struggling and re-

ally needs to talk to someone, there is a therapist available to talk to during those hours without having a prior appointment. For additional information or opportunities to get help for you or a friend, see the Counseling, Health and Wellness Services webpage on the University of Puget Sound website; particularly those resources entitled "Suicide Prevention at UPS,"

"Resource KIT," "Uline.org," and "Suicide: Read This First." All these links and more can be found under the "Suicide Prevention" subtitle of the Counseling, Health and Wellness Services webpage. Also, a student in crisis after hours can always call Security Services at 253-879-3311; 911 if they are off campus; or Pierce County Crisis Line at 1-800-576-7764.

SECURITY REPORT

The following incidents have been reported to Security Services between March 27, 2012 and April 3, 2012:

Larceny/Thefts

There were no thefts reported during the week.

Bicycles Stolen From Campus

There were no bicycles reported

stolen during the week.

Theft from Vehicle

No thefts from vehicle reported during the week.

It was a quiet week on campus, but please remember the following Crime Prevention Tips:

- Valuables left in vehicles attracts thieves. Do not leave

purses, wallets, backpacks, luggage, sporting gear, or portable electronic equipment in your vehicle. Always secure your vehicle.

- Always secure your room or office space while you are away. Never leave personal or university property unattended or unsecured.
- If you use a locker on campus, please keep it locked securely. Avoid bringing valuables to these

facilities. Report suspicious locker room activity immediately to Security Services.

- Help prevent crime by being an extra set of eyes and ears and reporting suspicious activity right away. Security is open 24/7. The main reporting number is 253.879.3311. Please program this number into your phone.

Courtesy of Todd Badham

THE PUGET SOUND TRAIL

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The Trail is an independent, student-run organization funded by ASUPS. The Trail seeks to produce a credible weekly newspaper that serves as a comprehensive source of information relevant to its readership. The Trail acts as an archival record for the university, serves as a link between Puget Sound and the greater Tacoma community and provides an open forum for student opinion and discourse.

‘Pink Slime’ beef controversy wildly overblown

By HARRISON DIAMOND

I’m sure the majority of you have been made aware of the recent controversy surrounding the revelation that around 70% of ground beef in the United States contains a concoction deliciously coined “Pink Slime.”

Pink Slime, or Lean Finely Textured Beef (an especially innocent-sounding industry euphemism), is produced by mixing copious amounts of ammonium hydroxide with the not-so-appealing cow parts that most of us are lucky enough to have never had to see on our dinner tables. The ammonia serves as an antiseptic that kills nasty organisms such as E. coli, salmonella and other nefarious organisms that tend to inhabit undesirable beef scraps. Simply grind all these things down into a finely textured meat pulp and voilà! Out comes Pink Slime with all its wondrous cost-saving benefits.

Yet the American public apparently doesn’t like this knowledge that its beloved ground beef has been adulterated with a chemical that they only know as an ingredient in household cleaning products. Ever since ABC News broke the Pink Slime story in mid-March, consumer watch groups and ‘concerned’ politicians have been up in arms about the potential health risks associated with consuming the salvaged remnants of American livestock.

School cafeterias began banning all meat products containing Pink Slime after the public outcry spread like wildfire



PHOTO COURTESY / WIKIPEDIA

It’s What’s for Dinner: 70% of all meat sold in super markets contains Lean Finely Textured Beef.

through media outlets. Over the course of two weeks, school districts in Massachusetts, California, New York, New Hampshire, Kansas and South Carolina all vowed to switch to legitimate, 100%(ish) ground beef. Large supermarket chains such as Safeway and Albertsons have yanked the products from their shelves while fast food joints such as McDonalds followed

suit—or definitely intend to.

Beef Products Inc., the largest Pink Slime producer, has since filed for Chapter 11 bankruptcy protection and closed all but one of its factories, costing several hundred Americans their jobs and potentially increasing the price of now-fantastically cheap ground beef.

America needs to get its head out of its collective ass. Grant-

ed, it’s not a pleasant image: unwanted bovine innards getting sprayed with noxious chemicals and incorporated into your momma’s meatloaf. But Pink Slime has been incorporated into a hefty portion of our ground beef since 2001; if you’re reading this, you most likely have not died from it yet.

Personal qualms about a specific food product should not be

allowed to obliterate an entire industry, especially when health officials, scientists and the lack of sick and dying consumers indicate that Pink Slime may be disgusting, but not catastrophic or harmful. Lean Finely Textured Beef is simply the moral panic ‘flavor of the month’; the New York Times published a similar exposé in 2009.

A large portion of the blame rests with the 24-hour news cycles of the mainstream media and their constant need for novel, ‘hard-hitting’ coverage, but it’s you, the consumer, who demand and propagate these witch hunts, leading the charge against whatever new product you have deemed unfit for society’s high food consumption standards.

Why don’t we talk about the nearly infinite lists of unpronounceable chemicals in nearly every box of cereal, ‘fruit’ bar, candy or soft drink? I’m far more concerned about the products containing proven carcinogens or contributing to this so-called obesity ‘epidemic’ that’s sweeping through the wealthiest nation on Earth.

What we shouldn’t do is throw a fit that disrupts markets and distracts the general public from legitimate concerns and issues that actually affect the ways in which we live and operate. We’ve been eating Pink Slime-infused ground beef for 11 years; I think we have bigger fish to fry.

And who knows? With all this ammonia already coursing through our red meat-filled veins, maybe we’ve actually prolonged our existence.

Military’s branding utilizes modern mediums to attract young generation

By CAROLEA CASAS

I will never be one to belittle the work of the U.S. Military. I have, however, been known to question the motives behind certain actions taken by our armed forces.

My latest related qualm revolves around the manner in which the Military markets itself. Last week, I was sitting with a friend of mine, thoroughly engrossed in whatever was happening on my computer screen, when he tapped on my shoulder to show me what can only be described as a less-than-politically-correct advertisement for the United States Marines.

The sign read: “It’s God’s job to pass judgment on the terrorists. It’s our job to arrange the meeting.”

At first, I was certain it was a joke. I thought at that given the entire hullabaloo over making sure not to offend non-religious citizens with references to a God, such an advertisement would not have been cleared by the military’s public relations mechanism. But I was wrong.

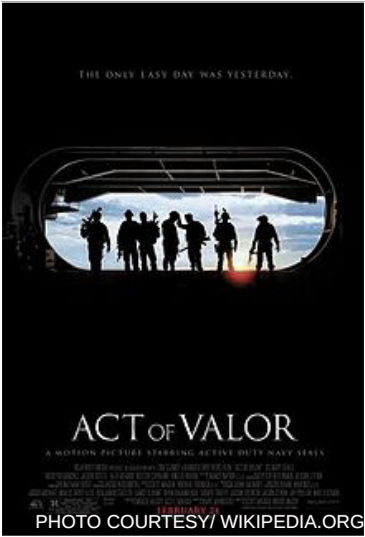
I’ve noticed a distinct change in the way the military markets itself, possibly as a result of adverse reactions to the war on terror. Ads for the Military have not been solely featured on billboards as of late, though. Strength for the future

of the U.S. Military depends on the attitudes of the younger populace. This sentiment might explain why videos like the one for Katy Perry’s single “Part Of Me,” which glorifies joining the Marines as a proactive and empowering way to get over a cheating ex, are such tactful and effective propaganda techniques.

One could argue that popular music has used military imagery in videos before; take Rihanna’s video for “Hard” and Nicki Minaj’s “Massive Attack,” for example. Yet Katy’s new video is different. It doesn’t glorify the military for the technological might and the hegemonic power it symbolizes. It’s a personal happy ending kind of story, one that features less gyrating atop a tank and more spinning beneath a giant American flag.

The music industry is certainly not the only avenue of advertisement for such branding strategies these days. The producers of the new movie *Act of Valor* teamed up with the makers of the video game *Battlefield 3* to advertise the film. In exchange for watching a four minute trailer for the movie, which is based on real missions of the Navy Seals, the viewer can receive free dog tags.

Free stuff, pop music and turning camo into high fashion are smart tactics to change how American youth look at enlist-



Marketing: Movies like *Act of Valor* are aimed at enticing a younger audience.

ment and expunge any harsh feelings towards military involvement. Will it work? I don’t know. But it is important to remember the ways in which media and culture can influence how we perceive the role and function of the American military establishment.

SEE MILITARY PAGE 4

Loggers lacking in sufficient school pride

By MEGAN EVANS

It is rare to see any kind of school spirit on this campus.

A large part of what makes us look less-than-enthusiastic about our Logger-ness is our response to the majority of sporting events on this campus. Many games are played without a decently sized cheerleading section or enough fans to show solidarity and Logger pride.

Even if our sports teams fail to get us all riled up, there are still a few things that we should cheer about.

First of all, the Huffington Post ranked us as one of the top 40 most socially awkward colleges in the country. With over 2000 four-year colleges in the United States, that title is impressive to say the least. This is something we can potentially get excited about.

The most awkward characters in TV shows are always the most funny and lovable, despite the extreme embarrassment they may cause their viewers. We should be proud to count ourselves among the most awkward of the bunch.

Another thing to cheer for is being voted the top 20 LGBT-friendly campuses in the country by The Advocate, a promi-

nent source of LGBT news and information. This entails having a large and outspoken LGBT community and an environment that promotes acceptance and tolerance on campus.

Sustainability is another source of pride for our school, one that sets us apart from other liberal arts institutions nationwide. Although there are still many improvements to our current practices that we should undertake, the campus can be smug about our students’ efforts to push the administration to make productive changes.

Another impressive achievement was when KUPS brought home the MTV Woodie award for best college radio station in 2009. Our station was recognized as one of the top in the nation, an enormously gratifying experience given our school’s small size and the comparatively gargantuan budgets of our competitors.

We are awkward, prolific, gay, green, artsy Loggers. If all those reasons don’t make you loud and proud to be a student here at Puget Sound, I don’t know what would. Next time you get the chance, get off your unenthusiastic butts, go to a game and support our school.

Want your opinion to be heard?

If you have a strong reaction to an article, e-mail us at trailops@pugetsound.edu, or visit our new website at trail.pugetsound.edu and share your voice with us. We will select responses each week to publish in the next issue.

A CONVERSATION ABOUT SOCIAL MEDIA ACITIVSM

Despite having good intentions, Kony 2012 misses the point

By ANYA CALLAHAN

Invisible Children, an American-founded NGO focused on advocacy in Uganda, has made it their goal to put an end to child armies and capture Joseph Kony, the leader of rebel group The Lords Resistance Army (LRA). The foundation seeks to mobilize American youth to advocate for the children in Uganda by raising money and awareness to rebuild schools and provide scholarships for Ugandan youth. Invisible Children first released a self-titled documentary in 2006 illuminating the filmmakers’ perspective on the human rights violations by the LRA. The film shows interviews and footage of child soldiers captured by Kony and child refugees fleeing the impending threat of abduction and enslavement. This film sparked a national movement with thousands of screenings on campuses across America. Kony 2012 is the most recent film from Invisible Children and was released on March 5. A month old and already viral, with over 86 million views on YouTube, Kony 2012 has prompted a national dialogue. The film’s goal is to promote the capture of LRA leader Joseph Kony and stop his horrendous violence. Invisible Children seeks to illuminate the atrocities of Kony’s regime and have him arrested by December 2012, when the campaign expires. Kony 2012 reveals Invisible Children’s scheme to have Kony



Invisible Children: Jason Russell explains why his son should be concerned about the Ugandan warlord.

arrested by portraying him as the sole impediment to peace in Uganda. Director Jason Russell sensationalizes the atrocities by oversimplifying the issues. Kony 2012 is littered with momentous music, startling imagery, and the false promise that the viewer will somehow be able to stop Kony. Russell personalizes the problem, drawing empathy by paralleling the film with his son and

subjective duty as a father to protect all children regardless of where they are born. The movement gains more praise from the consumerist YouTube viewer by gaining support from 20 “celebrity culture makers,” such as George Clooney, Angelina Jolie, Oprah, Taylor Swift and Ryan Seacrest, and 12 “policy makers [with] the power to keep U.S. government officials

in Africa” to assist in the capture of Kony. These influential people include George W. Bush, Condoleezza Rice and John Kerry. While the campaign’s promotion of global awareness is certainly good, awareness alone is not going to end a violent conflict. Kony 2012 has been criticized for providing a black-and-white depiction of the violence in Uganda rather than encour-

aging viewers to educate themselves fully about the conflict. Individuals across America are writing letters to their representatives and signing petitions, but they are not even fully aware of the depth of the issue. Misrepresented in the film, Northern Uganda is actually relatively peaceful for the first time in many years, which makes it peculiar that Invisible Children chose this moment to callfor a violent resolution. Not to mention there is minimal infrastructure in Northern Uganda to provide for the replaced child soldiers. The arrest of Joseph Kony is just one small stride in improving the situation in Uganda. Though peace talks have failed repeatedly, a non-violent resolution is strongly preferred by the populous of the region. Conflict resolution was always going to be the responsibility of regional forces, so it is unclear to me how the awareness brought to us by Kony 2012 is the answer. The video has been interpreted as neocolonialist; it is presented as the white man’s burden to save Uganda, alluding to a sense of American paternalism. I do see what is happening now—large regional forces from the African Unions coupled with U.S. intelligence—as a very good step, and probably the single best way to put an end the LRA, but I am still unsure how the 86 million of us who watched a 30-minute film on YouTube are doing anything to help make that happen.

Social media activism an ineffective tool for major change

By ANDREW LUTFALA

A growing trend of social media activism has arisen over the past few years with the emergence of websites like Twitter and Facebook as powerful means of communication and marketing. However, this shift from actual activism to passive social media activism will have great repercussions in the future if issue awareness replaces civil action. Invisible Children’s recent viral campaign, KONY 2012, is an excellent example of the faults inherent in the use of Twitter and Facebook to promote social issues. Jason Russell, the founder of the Invisible Children organization, created the KONY 2012 campaign to spread awareness about the appalling crimes and human rights violations committed by Ugandan warlord Joseph Kony. Invisible Children’s goal was to use the power of social media to make Kony a household name. By all accounts, the organization succeeded in making Kony infamous, through one of the most successful viral marketing campaigns in history. However, Invisible Children’s campaign and the KONY 2012 video have both been heavily criticized since the viral market thrust the organization into the spotlight, as pundits questioned the data presented in the video

as well as Invisible Children’s appropriation and use of the charitable donations it had garnered from the campaign. The organization responded admirably to the criticism, yet the effects of stress and exposure to incredible amounts of scrutiny proved to be too much for founder Jason Russell, who was recently charged with public indecency. Invisible Children has lost much of its credibility as a result of this action, although it continues to do beneficial charitable work throughout Uganda. Viral campaigns carry such consequences because of their glaring faults, including the inherent nature of social media sites such as Facebook and Twitter where instant gratification and unabridged opinions are the norm. Social media culture has ushered in an era in which people can be shamelessly outspoken, since they aren’t held accountable for their actions and opinions. The social media contract is not binding, but rather a loosely held-together set of rules and protocols that can be dismissed at any time because of the detached nature of online interactions. Sites such as Facebook and Twitter allow people to involve themselves in unengaging interactions where their beliefs can be loosely organized and articulated. The simplicity of Inter-

net communication has made it commonplace to express one’s opinions without fear or self-awareness, both emotions that play a significant role in censoring physical interaction and in controlling the realm of public opinion outside of Internet culture. The pitfalls of social media activism lies in the “emboldened” actions of those who wish to support a campaign by spreading the word about it, an action that does not necessarily correspond to the logical process of internalizing the message and using it to inspire a response that manifests as substantial action. Instead of re-tweeting a link to an online organization or sharing a video about human rights violations in order to appease a human guilt complex without the necessary action to justify such appeasement, civil action must be put at the forefront of all social media campaigns. Social media activism threatens to make an entire generation of people into complacent yet opinionated boasters who massage their own egos by “spreading awareness” rather than actively supporting a cause. Because our culture has slowly transformed to support the habits of the idle, true activism may lose its edge.



Publicity: Posters circulated quickly around social media sites.

Staceyann Chin inspires Puget Sound students

By DANI SAGE & MOLLY BROWN

Wednesday, March 28, a woman walked casually into the audience of Schneebeck Concert hall fresh off the airplane and carrying an infant in her arms. Staceyann Chin had indeed arrived.

Chin hails from Jamaica and is an activist, writer and a perpetual performance artist. She is often known for her participation in “Russell Simmon’s Def Poetry Jam.” Yet no matter what prestige she has acquired, or what medium or art she partakes in, she is first and foremost an uninhibited version of herself.

Since her coming out, Chin has become an LGBT activist. She helped write the Broadway show Def Poetry Jam, and has written several of her own novels and compilations of her experiences, as well. She is also a spoken word performance artist, putting on shows such as the one students enjoyed at Puget Sound last week.

“She shakes up your world,” senior Caira Ortiz said. Even though Ortiz had not heard of Chin before her visit to Puget Sound, she found Chin to be an amazing inspiration.

“Before she came, I started to get into this stasis in life. Things were good. But I hear Staceyann and I hear her story and suddenly I know there’s so much left to do. I think it’s important that we have



PHOTO COURTESY/COURTNEY RIDGEL

Stirring: Chin captivates audiences by reading from her memoir.

speakers who remind us that we can’t just sit around hoping things turn out better. If we want to

change something, we need to give it voice and fight for it,” Ortiz said. Chin’s life has not been an easy

one. She grew up in Jamaica with a father who was Afro-Jamaican and a mother who was Chinese-Jamaican. When she was only a baby, her mother left for Canada, returning only once over the course of her childhood. She was raised by her aunt alongside many of her cousins and other family members.

After settling and standing on stage Chin requested the spotlight be removed off of the stage, and the light be brought up in the audience. This request alone set the stage for the casual and personal setting Chin desired to establish.

Chin was originally scheduled to arrive at Puget Sound in November, but had to cancel due illness. Since November, Chin has had a child. With such a great life change, Chin recognizes her presentations may change too.

“I’m not quite sure what creature of performance I will be,” Chin said.

After several minutes of glib conversation about her pregnancy and C-section, Chin moved to read from her memoir published in 2009, entitled *The Other Side of Paradise*.

“I’m on the other side of paradise,” Chin said.

While reading from her memoir, Chin ran out into the audience, spoke to them and danced around the space yielded to her.

Reading the words off the page being too conventional for a performance reader such as

Chin, she hopped off the stage and walked between the rows of the audience, putting emotion and feeling into her reading that was not only astonishing but extremely amusing. She performed her life in front of the attending students by animating each character—each real person who took part in her childhood—with a unique voice and opinions.

She involved those who attended the event greatly through her active reading.

Chin read three excerpts from her memoir. Each of them was set in her younger years as a nine-year-old girl, experiencing changes in her life. During one of the excerpts, Chin described her first period. After looking out into the audience while reading her memoir, Chin laughed.

Chin shared some very personal experiences from her life. Her first passage showcased her experience with a cousin she lived with and how he took advantage of her several times and sexually harassed her. Despite the sad tale, she was also able to confirm her empowerment of fighting back. One night when her cousin entered her room to molest her, she stabbed him in the hand with a sharp pencil.

Her second reading involved the more light-hearted tale of how she got her first period. She constantly reminded her audience that the life she lived in Jamaica was one

SEE CHIN PAGE 11

National Occupational Therapy Month raises awareness

By MELANIE REIFF

April is National Occupational Therapy (OT) Month, and the OT department at Puget Sound is celebrating by raising awareness about their field.

Occupational Therapy is a rehabilitation therapy that focuses on helping a wide variety of people participate in their everyday occupations or activities. This covers a variety of daily tasks such as getting dressed, taking a shower, driving, cooking and going back to work.

Clients of occupational therapy include those recently injured, those born with mental or physical disabilities, those who acquire a disability at any point in life (from a motor vehicle accident, a stroke, etc.), those who are recovering from more extensive surgery and people with cognitive issues that affect their participation in daily activities, among others.

Because of this wide client base, occupational therapists take a holistic approach to therapy, analyzing each person’s abilities and the environment in which they live. While it may look like many of the treatments are just games, like the use of the Wii, occupational therapists use such tools to help their clients regain balance, improve their visual skills and achieve their overall goals.

Occupational therapists work in a variety of settings including the NICU, schools, hospitals, private homes or private practices among others. Depending on the work setting and environment, occupational therapists are part of a treatment team working with a physician, nurses, physical therapists, speech language pathologists, school teachers, parents or care givers, and the client to provide the best care.

Occupational therapy focuses on the functional abilities of a person and their daily living tasks. Where physical therapy tends to be more bio-mechanical, focusing on building muscle strength, occupational therapy often focuses

on the cognitive aspects of a person’s abilities.

The Puget Sound Occupational Therapy program is one of the three graduate programs on the Puget Sound campus. The program is nationally recognized for its faculty excellence and dedication to teaching, and it draws students from around the country.

“The Puget Sound program is one of only a few in the nation with an on-site clinic. The last semester in the program we get to treat a pediatric and an adult client from the community getting hands on experience before going out for at least 6 months of fieldwork internships,” said second-year OT student and former Puget Sound undergraduate Sarah Bicker. “We also have several nationally recognized and published professors, making the program that much stronger.”

Bicker is drawn to the study of occupational therapy because she wants to help people live a better life.

“[I want to] get a great job where I can truly make a difference in a person’s functional abilities and improve their quality of life,” Bicker said of her post-graduate goals.

As a second-year in the program, Bicker is completing her thesis and works with two clients of her own. Bicker enjoys working with her clients while still under the supervision of her professors. Because of this preparation, Bicker will be ready to successfully work in the real world. After she graduates, Bicker will be interning in different capacities in the field.

As April is Occupational Therapy Month, OT students will be tabling in the S.U.B. on April 11, 12 and 13, encouraging students to try some of the adaptive equipment and learn about the OT program.

Occupational therapists are important in helping people return to their normal lives. We may all face difficulties performing our daily tasks someday, so if that day comes, ask yourself: What can OT do for you?



PHOTO COURTESY/SARAH BICKER

Casting: Students learn skills such as casting to prepare themselves for their future practice.



PHOTO COURTESY/SARAH BICKER

Service: OT students traveled to Mazatlan, Mexico with Push International. Their trip centered around distributing and fitting wheelchairs and providing therapy to children at Padres y Compadres. Above, a student helps lead an art project and paints with children at the center.

Crafty Connie’s helpful hints for do-it-yourself plumbing

By CONRAD WHARTON

Plumbing problems are all too common in the domestic world. Today, our distinguished guest plumber Randy P. Ipelayer will offer up convenient DIY solutions to your flow-related problems.

Domestic Dilemma #1: Hey Randy, the drain in my shower keeps backing up. Now I just take really shallow baths. Help!

That sounds disgusting! I can only assume everything below your ankles is now coated in a nice crust of shame. There might even be some crusty shame on your socks. Once you get yourself clean, either by using your weird roommate’s hair-covered shower upstairs or simply standing outside long enough, it’s time to get that drain cleared out. Pour some soda down there to get things flowing again —Coke is best. Actually, whatever kind your fat roommate drinks is best. Fight diabetes where you find it, I always say! Next, try to find out what is backing up your drain in order to avoid this smelly fate in the future. If the drain is full of hair, get a haircut, ya stinkin’ hippie! Dreds looked good on Bob Marley. On you, they look more like a caterpillar orgy. Not a good image, unless you’re a caterpillar.

Domestic Dilemma #2: My shower seems to have two temperatures: Fires of hell and

polar expedition. How can I stop showing up to class looking like alternate stages of a Red Lobster meal?

Harden up. Christ.

Domestic Dilemma #3: The toilet in my Trimble suite is on strike. Nine out of ten flushes, it clogs and my roommates and I have a nasty mess. Yuck! Please help, Randy! What should I do?

Try not going to Gateway to India six days a week and learn to cook, lazy! You could even try going vegan. A vegan diet might not help your digestion, but you’ll die of misery within weeks. The reduced load on the abode will help out the rest of your suitemates dramatically. Take one for the team!

Domestic Dilemma #4: I’ve been leaving my dishes in the sink all semester. For the first few weeks, they emerged sparkling clean after a few days. Now, they just sit there! What’s wrong with my sink?

You’ve mistaken your sink for a dishwasher. You’re destined to return to your parents’ house immediately after leaving college, where you will be disabused of this notion even more rudely when you turn 30 and are forced to actually leave. For now, buy a meal plan and eat all meals at the S.U.B.

Domestic Dilemma #5: I live in the basement of my house after drawing the short straw in our room-picking lottery. My room is rapidly flooding after the recent rains. How can I escape this biblical disaster?

Build an ark, dummy. It worked for Noah, it’ll work for you. You’ve gotten a bit of a late start, so use furniture. Really, more of a raft will do. Besides, look on the upside: You now have a waterbed, an aquarium, and a pool in your home. These are status symbols - everyone will soon be clamoring to check out the free-range minnows, scuba among the lost reefs of your underwear drawer, and get wiggly on your waterbed. Helllllloooo sexytimes.

Domestic Dilemma #6: The water out of my faucet has a downright funky taste. Should I buy a water filter?

This right here, my friend, is why God made Olympia for \$5.99 a six-pack. Plus, the government puts mind-control drugs in tap water. Trust me.

Dilemma #7: My garbage disposal makes horrible noises when I flip the switch. I think my roommate dropped a fork down there! How can I get it out?

You’ll never retrieve it without losing at least a hand. If you’re



DIY: Calling a plumber would rob you of the satisfaction you can get from fixing your own plumbing problems.

gonna lose body parts, it might as well be to something alive. Go and get yourself the meanest, most poorly trained animal you can find in the pet classifieds. Not only will this beast successfully destroy any future leftover food, it might just come in handy when the Feds start knocking. Who knows what your roommate really put down that disposal, anyway.

Dilemma #8: I’m a stressed-out RA, and I’ve heard that baths are

a great way to relax. Every time I try to take a bath, the water doesn’t fill up more than an inch! This isn’t relaxing at all!

I’m firmly convinced the government is stealing our bathwater and selling it to Canada. I remain ever vigilant with regard to the evil creeping southward. Besides, have you ever tried a Molson Ice?

Third annual Book Collecting Contest to award cash prizes



Awards: Monetary prizes are given to three students and funded by the Book Club of Washington.

By EMILY JOHNSON

In college it seems like all books ever do are collect dust on our dorm room shelves or clutter our backpacks, but what if in that mess of text books and paperbacks there was \$1000? For the last three years, the Collins Memorial Library has essentially been doing just that.

The annual Book Collecting Contest, encourages students at the University to develop a deeper appreciation of print material and the value of owning such works, by encouraging them to find a collection out of what they may have at school and at home. The contest, in its third year at Puget Sound, awards the winning students with \$1000, \$500 and \$250 for first, second and third prizes respectively, and puts the winning collection on display in the library in the fall.

The beauty of the contest, which is funded by the Book Club of Washington, is that while each submission must have a theme, they in no way have to be traditional or scholarly. Ian Greenfield, a Classics Major who graduated in 2011, won last year’s contest with his collection of science fiction and fantasy novels,

which included works by J.R.R. Tolkien and H. P. Lovecraft. Other past submissions have featured collections on bicycles, Sunday comics, nautical books and tea.

Each submission includes an essay written by the collector, explaining each of the items in the collection and their related value to the theme, as well as a wish list of material they hope to add to the collection in the future.

Director of the Library Jane Carlin says the contest “demonstrates the value of a liberal arts education,” because the goal is by no means to have the most monetary value but instead, “to display your passions and interests for the whole community to appreciate.” It is her hope that contest will continue to encourage students to see the items they collect for more than just the information they provide, but as a valuable and meaningful possession.

“Hopefully, this contest will encourage students to gain a focus for their personal collections and actively continue adding to it. It is an opportunity to inspire a whole new generation of collectors in our community,” Carlin said.

The winner of our contest each

year goes on to compete with students from 10 other universities across the nation, including Harvard and UC Berkeley, for the national book collecting prize, awarded at the Library of Congress in October. In 2010, Puget Sound’s first year holding the contest, our first-place winner, Andrew Fink ‘10, was awarded the national first prize for his collection on 20th Century Propaganda.

This year’s contest concluded with an impressive 19 submissions, which will be judged by one of the university’s librarians, a local collector and Mark Wessel of Seattle’s Wessel and Lieberman Booksellers. The University’s contest will conclude with a reception open to the community on April 19th that will announce the winners and feature information on the collections submitted.

So before you discount the mismatched collection of texts on your shelves, or decide against exploring one of the local bookstores as you walk by, remember the annual book collecting contest and the opportunity hidden somewhere in all those beloved books.

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Rain shortens doubleheader against Bearcats

Season outlook grows dim with 13 losses in Northwest Conference



Fast Pitch: Rainy conditions did not prevent Elayna Van Hess from pitching well during the game.

By DALTON HANDY

After a delayed start, the Puget Sound women’s softball team fell 10-0 to the visiting Willamette Bearcats. The loss was their nine-

teenth straight defeat, with 13 of the losses coming from Northwest Conference play. The Loggers fell to a 2-21 record while the Bearcats, currently ranked third in the NWC, improved to 14-8.

Alex Watilo was able to limit the Loggers to two hits in the five-inning game, outdueling senior Puget Sound pitcher Elayna Van Hess (Aumsville, Ore.). “She is one of the best pitchers in

the conference,” Loggers head coach Jennifer Peterson said of Watilo. The Bearcats senior finished the day with four strikeouts.

Despite the 10 runs Willamette scored, Peterson and senior catcher Chrissy Atterson (Marysville, Wash.) felt that Van Hess had pitched admirably given the rainy conditions.

“Elayna pitched really well today; she battled through the rain,” Atterson said.

“She kept their big hitters at bay,” Peterson said, “Softball is a weird game like that. You can hit a ball hard right at somebody and get out then mishit a ball that falls in the gap.” Van Hess gave up just six hits, but three Logger errors proved costly.

The Loggers committed two of those errors at the top of the fifth inning. The Bearcats capitalized on those mistakes, pouring in six runs in the fifth to put them in position to end the game with the 10 run rule. Susie Krewer provided three of the runs on a triple that landed just fair in right field, clearing the loaded bases.

The Loggers were able to get some momentum going into the bottom half of the fifth, facing relief pitcher Savannah Pingree. Van Hess led off with a walk and later advanced on

a wild pitch. With the bases loaded and two outs, the Bearcats brought Watilo back in to close out the game, who successfully managed to keep the Loggers from pushing the game into a sixth inning.

“It was a smart move; the last thing you want to do is extend [a game],” Peterson said. Although there was supposed to be a second game, the rain was deemed too heavy, and the game will be rescheduled for a later date.

Weather permitting, the Loggers were set to play host to Linfield on Monday. Although Linfield has recently been ranked number one in the nation, Peterson and Atterson remain hopeful the Loggers will find some success.

“We’re staying up, we’re coming at every game trying to win it. We just need to break through, but we’re staying up better than you might think,” Atterson said.

In order to find that success, it appears that the Loggers will need to clean up the defense and bring runners around, the two things that evaded the Loggers all afternoon. Peterson chalked up some of the defensive issues to the loss of sophomore pitcher Jenny Davis prior to the season. “We have lots of kids learning new positions,” Peterson said.

Logger Spotlight: Jocelyn Riordan

Riordan reflects on what it means to be a Logger on and off the basketball court

By JULIA FISHMAN

Senior Jocelyn Riordan (Lake Forest Park, Wash.) is an iconic Logger. I was especially excited to interview Jocelyn because, as the basketball manager, I was lucky enough to see her as a role model on and off the court. Since her sophomore year, she has been chosen for an All-NWC selection, along with being a NWC student athlete of the week for basketball. This season, in a game against Whitworth, Riordan became the seventh-highest scorer in school history. “It was really nice to be able to have milestones and show what I’ve done over the last 4 years, because I’ve definitely put in a lot of time and work to be a part of this program,” Riordan said. “What I got most out of my basketball career are the friendships I’ve made and the relationships I’ll have for the future, and I learned a lot about myself. It’s nice to know I’ll be remembered in this program.”

Riordan is a starting guard, and has made the starting lineup in every game of her career at Puget Sound.

“By my junior [year] I was captain, and I like to think the team looks up to me as a role model, not just as an athlete, but as a student as well,” Riordan said.

She did not come to Puget

Sound expecting to play basketball, however. She was initially recruited to play soccer in the fall and track in the spring, but ended up playing basketball instead. Basketball is the sport with the longest season at Puget Sound, encompassing both the fall and spring semesters.

Riordan is spending her last semester with the track team, participating in the javelin and shot-put and discus events.

“It’s great to still be part of a team, and I still get to compete

and wear Puget Sound across my jersey,” Riordan said.

Off the court and the field, Riordan is a valuable member of the Puget

Sound community. She is very involved in Greek Life and Logger Nation. Her first priority as a student-athlete, however, has always been academics. She is currently finishing her thesis and will be presenting at the upcoming symposium. Following her thesis, Jocelyn will be heading to San Francisco to present at the National American College of Sport Medicine Conference.

Jocelyn Riordan is a senior who has encompassed every value of what being a Logger truly is and all of her hard work and dedication has made her a Logger that won’t be forgotten.

—Jocelyn Riordan

Roadtrip ends in Logger defeat



Turf Burn: Although they fought hard, the Loggers suffered consecutive defeats this past week.

Losses abound as Loggers venture out

By ANGEL JOHNSON

This past Tuesday the Loggers came out strong against the Whittier Poets. Having recently played the Poets during spring break, the Loggers were hoping to turn things around in this match-up. Unfortunately, things turned out similar to the last game, and although the Loggers fought hard, they once again lost by a score of 22-11.

Unlike their first match-up against the Poets, the Loggers took the lead early in the game, causing Whittier to feel the pressure of needing to step up. Senior Grace Reid (Kirkland, Wash.) scored the first goal of the match, putting the Loggers on the board.

Soon after, freshman Caroline Cook (Orinda, Calif.) scored, allowing the Loggers to control the game 2-0. However, the Poets came back strong and took the lead after scoring four goals in a

row.

Senior Katherine Havlik (Salt Lake City, Utah) stopped the Whittier run by scoring a goal for the Loggers with just under 20 minutes left in the match. Sadly, that was not enough to stop the Poets, and they continued to score more goals in the first half until the score was 13-5 in favor of Whittier.

The Loggers continued to fight and were able to score more goals during the second half, starting with freshman Rachel Silva’s (Steamboat Springs, Colo.) first goal of the game. Reid and senior Kristine Morris (Tiburon, Calif.) both scored separate goals for the Loggers, bringing the match to 14-8. Morris also contributed a hat trick for the Loggers.

The 14-8 score would be as close as the Loggers would get to the Poets, who thereafter went on a run, completely controlling the game until the end.

The Loggers played a series of games in Illinois this weekend. The first game of the series was hosted by Carthage on March 31, where they fell 21-5.

The Loggers continued game play on April 1 when they were hosted by North Central University. Unfortunately for the Loggers, a new day did not bring new results. The final score was 18-11, with the victory going to North Central.

The Loggers continued play at North Central against Augustana on April 2. Sadly, they were defeated 22-11.

The team will have a week of practice play before they are host to Pacific (Ore.) on April 10. The week will give the team the chance to reflect upon what went wrong during the weekend and make the adjustments necessary to claim victories in their upcoming matches.

A black and white action photograph of a baseball player in a white uniform with 'Loggers' and the number 33 running on a field. The player is wearing a batting helmet and is captured mid-stride. Another player in a dark uniform is visible in the background. The photo is credited to David Pendleton.

PHOTO COURTESY/DAVID PENDLETON

April 13:
Puget Sound @ Linfield



Want to submit a Hey You? E-mail trailheyyou@pugetsound.edu or put one in the boxes in Diversions or Oppenheimer Cafe. The Trail will never publish Hey Yous that explicitly refer to individuals or groups or are hateful or libelous in nature. A full description of the policy can be found at trail.pugetsound.edu.

HEY YOU, Girl with the fireworks fetish, I want to bang you.

HEY YOU, Zeus, I want to ride your lightning bolt so hard it's shocking.

HEY YOU, Hernia Guy, So...you going to cry about it?

HEY YOU, Thanks for letting me take you to the Kappa Kai formal. I'm sorry the devil in me came out and I pretty much missed the party, but you're a perfect angel and I couldn't have asked for a better date. I really hope we can still be friends because I miss you a whole bunch, gym buddy!

HEY YOU, Sexy Cellar boy, thanks for the double scoop! You were so hot that it melted before I got home!

HEY YOU, Redhead, why don't you finish what started? You made this so hard, sink your teeth into it, and leave me hanging. Why did you have to blow me off?

HEY YOU, Trail Staff! I really loved the last issue. Thanks for all the thought-provoking opinion pieces, great sex advice and great music/video reviews. Keep 'em coming!

HEY YOU, Professor, I want you like your exams: long, hard and with extra credit at the end.

HEY YOU, In my English class: I'm not staring at you, I'm staring out the window behind you at the clock tower. Stop staring back.

HEY YOU, Diversions, it's hard for me to do my homework on the North side of the café because of the lack of power outlets!

HEY YOU, IS THIS THE SPACE YOU WANTED?!! I GOT YOU A WHOLE F*****G SPACE IN THE NEWSPAPER!

HEY YOU, are you Jewish? Not Jewish? Non-faith? If so, come to the Passover Seder, sponsored by

Puget Sound Hillel, on April 6 in the Rotunda at 6 p.m. Tickets are \$7 at the Info Center. Come free some Israelites, drink Manischewitz and be Merry.

HEY YOU, Believe in Sherlock. Moriarty is real.

HEY YOU, Gesamtkuntswerk of nature, I like my body when it is with your body. It is so quite a new thing.

HEY YOU, Cute redhead from the Macklemore concert, I'd like to mack on you some more!

HEY YOU, UT Sketch! Great show last week! I'm sad I'll never be able to join you guys because I don't own Converse :(.

HEY YOU, Why did you have to be that insecure guy who gives a girl his number and then doesn't ask for hers?? What am I supposed to do make of that?!!

HEY YOU, Gangsta sis, I love dancing with you and formal is going to be the best! From your neighbor sis!

HEY YOU, Nerds, it's called Reddit

because by the time you tell me about it, I've already read it.

HEY YOU, If you never have, take some time this year to find out about the meaning of Good Friday. It's today.

HEY YOU, fellow G-Phi neighbah. I <3 our heart to hearts and grass-braids & you :). Rock on Friend!!

HEY YOU, Cute girl at the Latin American station, you can roll my burrito any time! :)

HEY YOU, Stupid history major, the guy who killed Hitler wasn't the greatest hero in history, he WAS Hitler!

HEY YOU, Lovely ladies of UPS, keep up the good work!

HEY YOU, Flute player with the curly hair, listening to you play the flute gives me a trom-boner.

HEY YOU, Curly haired freshman deejay, are you down for three-somes? We only have a month left... :)

HEY YOU, Ma'am.

THE HAPPY TRAIL

A Weekly Sex Column

Making the bedroom a "happier" place...

On-campus sexual resources are there for your health

By HARRY SASSCROTCH

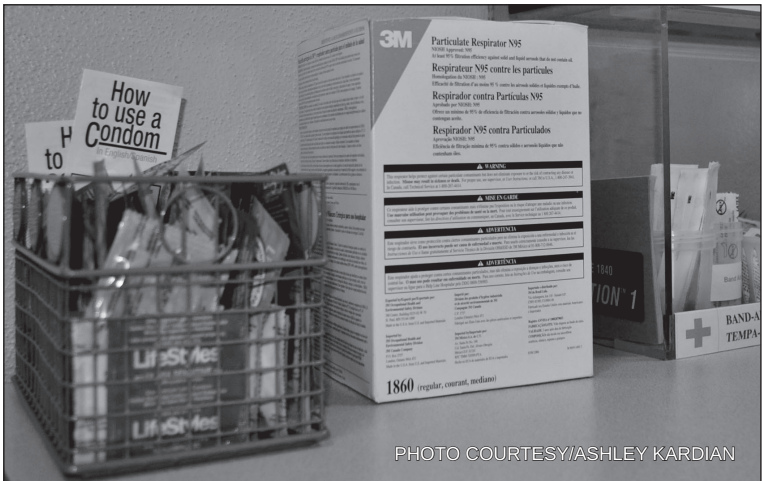
My goal as a writer for the “Happy Trail” is to encourage members of the Puget Sound community to find power within their bodies and their sexuality.

But often students need more than just a helpful tip on what to do during sex. One’s sexuality goes far beyond what positions you can try in bed.

Students who are sexually active should be able to fully understand the resources that are available to them on campus in order to live healthy sex lives.

The University is home to many organizations that have helpful resources to all students.

First, the Center of Health and Wellness (CHWS) has a variety of assets for the sexually active student. CHWS’s services include STI screenings and the occasional checkup.



CHWS: This resource offers free condoms and sexual advice.

An upcoming addition to CHWS’ resources is free HIV testing. This will allow students to get themselves tested and remain proactive about their sexual health.

And as always, condoms are ever-present at CHWS for free. Free access to condoms is also available to students through other sources on campus.

The campus club Voices for Planned Parenthood (VOX) is known for its distribution of condoms around campus. They table every Friday with access to condoms and sometimes offer dental dams and lube, as well.

VOX is also well-known as the group that brings Babeland to campus for sex workshops. The workshops provide basic and advanced tips and techniques for students on campus.

Other groups that bring awareness to issues regarding sex and gender are the Vulva Anti-Violence Alliance (VAVA) and SafeMen. VAVA meets weekly.

Both groups provide confidential space to discuss issues of gender in society. These safe spaces are essential for survivors of sexual assault and power-based personal violence.

Another on-campus resource is SIRGE, which stands for Sexuality Issues, Relationships and Gender

Educations.

This year’s SIRGE Coordinator is senior Ruby Aliment, who is a staff member of the Student Diversity Center.

Aliment organized last week’s “Take Back the Night” events, including speakers Staceyann Chin and Heather Corrinna.

Aliment comments that the message she spreads is vital and welcomed by the campus community.

“In regards to our sex lives, I think being an anti-rape feminist is a great turn-on for people. There’s nothing like practicing good consent,” Aliment said.

The message of consent is one that is constantly reflected around campus. Last Sunday, there was a bystander training implemented by the Green Dot program.

The program gives training and talks to help end power-based personal violence on campus and in the community. It also focuses on how the actions of one individual can help.

These resources are on campus because of the help they can bring to your sex life, as well as the sexual health of our community.

I encourage you to be proactive about your sex life and take advantage of these valuable opportunities on campus!

Study of sexuality needed for society

By SUZY SPONGEWORTHY

The worst part of declaring that my post-graduate future (which hangs ever so delicately in self-conscious limbo), which will revolve around human sexuality, is telling my parents.

They keep asking how I will make money, tip-toeing to avoid the large elephant in the (very small) room—that their first born is switching from pre-healthcare to TRIPLE-X SEX!

I fully stand by my decision to actively participate in society’s compound knowledge of human sexuality. While perceptions of those who study sexuality can range from perversion to a lack of seriousness, I contend that sexuality is incredibly important and more pervasive than we give it credit for being.

Think about it: try to name one person who hasn’t been affected by their own sexuality and/or the sexual culture around them. You can’t.

It used to sneak up on me. A friend once told me that her introductory psychology textbook stated that sex is the foundation for society. Without it, we wouldn’t have a next generation.

However, sexuality is so much more than procreation. It is a greater entity: one that can have strong emotional, physical and mental associations with fulfillment, self-esteem, intimate bonds, health, objectification, power, violence and so much more, even death.

The pioneering researcher and founder of Behaviorism, John Watson, was the first to push for the scientific study of sex in the early 1900s. He wrote, “It is admittedly the most important subject in life. It is admittedly the thing that causes the most shipwrecks in the happiness of men and women.”

Some days I am so excited about the strides we have made in our understanding of sexuality.

We get that the clitoral stimulation is what most women need for

orgasm. We know that orgasm is good for your health in many ways.

But there are other ways in which our society doesn’t appear to be so advanced. Far worse than some mild awkwardness with my parents is how upsetting it is to know how far our culture is from acceptance of human sexuality.

Cue rant.

We have socially conservative shame thrown at all of us sluts that want to have access to STI testing and birth control so we can have safe sex. We are lucky to have had the chance to learn about safe sex in one way or another. Don’t even get me freakin’ started on abstinence-only sex education.

So many wires have been crossed in our culture’s thinking about sexuality. In commercials and advertisements, so much is sexualized for the sake of marketing that we have trouble telling the difference between nonsexual, sexual and sexualized images or situations.

We blame sexual violence on sexual urges when it’s really about power-based personal violence that likely result from the pressure of repression and shame.

And these negative “moral” connotations are thrown on sexuality by a small population that lacks sexual diversity yet has so much fiscal, and therefore political, power.

Human sexuality is such a huge, amorphous blob that society is built on, run by and, thanks to all the s*** I just outlined, a lot of times stunted by.

Clearly we need more people to research and advance our understanding and acceptance.

We are sexual beings. Not sex-crazed, mind-addled sluts and assholes. We are products of this mixed up culture.

And this culture is practically begging for a honest, compassionate and straight-forward dialogue about sexuality.

End rant.

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Sat-Sun: 11:40am, 1:55, 4:15, 6:40, 9:00
Mon-Thurs: 1:55, 4:15, 6:40, 9:00

The Artist (PG-13)
Sat-Sun: 1:05, 6:15, 8:40
Mon-Thurs: 6:15, 8:40

In Darkness (R)
Sat-Sun: 3:20

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Sine Mora satisfies

By WALT MITCHELL



With *Mass Effect* fever running high and *Skyrim* still managing to wedge itself into conversation almost five months after its release, spring alights on a landscape all but dominated by gaming's mainstream titans.

But skittering around the ankles of giants are a handful of plucky challengers to AAA control, games that might lack the broad scope of mainstream narrative but still manage to cut deep with stylistic daring and technological grace—games like the relentlessly satisfying *Sine Mora*.

Released March 21 for Xbox Live Arcade, *Sine Mora* is a side-scrolling shoot-em-up in the tradition of classics like *Space Invaders* and *Galaga* and modern titles like *Ikaruga* and *Jamestown*. The pilot of one agile, airborne hell-raiser or another (new planes become available throughout), the player blasts through swarms of baddies, torrential barrages of screeching missiles and neon hailstorms of deadly plasma.

The shoot-em-up goes by another name—"bullet hell"—and *Sine Mora* has no qualms earning that ominous title. At the same time, while the steep learning curve of the "bullet hell" has earned it a strictly niche position, *Sine Mora* stands out in its willingness to widen its appeal with charming visual innovations, surprisingly engaging narratives, and (thank the Maker) adjustable difficulty levels.

The unique look and story are

the fruits of inter-developmental collaboration. *Sine Mora* is the lovechild of Tokyo's Grasshopper Manufacture (of *Killer7* fame) and Budapest's Digital Reality: Grasshopper handled art direction and sound design, while Digital Reality worked on the game's programming and story.

Between the two of them, the developers lend *Sine Mora* some serious star power. Grasshopper is home to composer Akira Yamaoka, revered for his work on the *Silent Hill* series, and his score for *Sine Mora* is another feather in his already crowded cap.

Grasshopper also brought on anime artist Mahiro Maeda (*Neon Genesis Evangelion*, *Kill Bill*, *The Animatrix*) to design the game's boss battles—these encounters are as imaginative as they are soul-crushingly difficult, and give the game a palpable character.

Pair this powerful aesthetic with unrelentingly challenging mechanics and you've got a seriously potent title on your hands. *Sine Mora* is delightful proof that straying from the beaten path can be more than an entertaining diversion—now more than ever, there's ripe, fully-formed experiences to be found and savored outside the high walls of blockbuster dominion.

Panning for indie gold, but more of a PS3 person? Download thatgamecompany's pensive and critically acclaimed *Journey*, or the charming puzzle-platformer from Denmark's Die Gute Fabrik, *Where Is My Heart*—both PlayStation exclusives, for now. These games will not only deepen your understanding of the human condition; they'll also give you the upper hand in drunken debates on the true nature of art!

If all you've got is an iPhone and a burning desire for cartoony carnage, check out Action Button's *Ziggurat*. It's got all the arcade intensity, visual charm and alien life that make *Sine Mora* so great, but you can carry it everywhere you go! Play it while waiting for your John Carter tickets—or during John Carter, even. You know what, why don't you just stay in tonight?

CHIN

CONTINUED FROM PAGE 6

very different from her life in the United States, especially when concerning young women. Although many girls are not thrilled to start their menstrual cycle, Chin retold her story with a comic air.

Trying to figure out how to handle telling her aunt was a different matter than simply dealing with it herself. Her aunt was mostly concerned about her new ability to get pregnant—even though Chin had no intention of having sex before she knew she was ready; she did not even know if she wanted to get married.

As she had read earlier from her novel: "I [didn't] want to marry nobody."

When Chin narrated her tales, she did not simply recite them, she became them. Her body would morph and resemble each character she described as her voice changed to suit the character too. Every action that took place she mimed adeptly, and created an image of her words on the stage and in the audience with ease.

Later on in the lecture, Chin moved to the topic of love. She described her interactions with her first boyfriend and she read several letters of correspondence between

her and another boy. While describing the correspondence, Chin was frank and comically dry.

"If a boy is stimulated mentally, he will forget about the feelings of the flesh. You could see I was a lesbian back then," Chin said glibly.

The lecture took a more serious turn when Chin read poems that accented her calls to activism in numerous venues.

Chin's energy was ever increasing during the lecture, and her poems, haikus and spoken word performances moved the audience to long periods of applause and cheering.

After Chin finished sharing her work, she prompted a question and answer session where she answered questions about coming out, writing, surviving adversity and even parenting.

When asked what to do to prepare one's daughter for the world, Chin had a moving response.

"Give her the power of reading. That way she can control the worlds that she enters," Chin said.

To give the full effect of Staceyann Chin's lecture could only be achieved by attending a performance of hers.

Every moment of Chin's performance was quotable, and no descriptions could do her energy and spirit justice.

Mad for Mad Hat Tea Co.



Tea: Downtown's Mad Hat offers a cozy studying atmosphere and a huge variety of original teas.

By MICHELLE CURRY

Thirsty? Step out of reality and settle yourself into a couch or stool with a hot cup of tea at Mad Hat Tea Company.

Mad Hat Tea Company offers an exceptional ambiance to engage in philosophical conversations, to lose yourself in a book or chat with old friends. This establishment is a hidden treasure of Tacoma located in the heart of downtown.

The Mad Hat Tea Company offers an extensive listing of teas, categorized by their type. Choices include green, white, black, oolong, rooibos and yerba mate, to name just a few.

Mad Hat also offers its own special blends, including but not limited to Enchanted Evening (chamomile, hibiscus, rose buds, peppermint, cinnamon spear bark, orange peel, rose buds and petals) or Mad Snickerdoodle (black tea, almonds, cinnamon and safflower blossoms).

Teas are also listed by ways

in which they can aid ailments: coughing your head off, hangover helper and sinus aid are a few of the offerings. They also have teas for endurance, weight-loss, relaxation, energy and insomnia.

Their book of teas also offers information on the benefits of teas including rooibos, holy basil and yerba mate. If you don't intend to do homework while at Mad Hat, you can spend an hour educating yourself on the history and benefits of tea for the mind/body/soul.

Inside the tea company, books line the walls, and decks of cards, along with cribbage and chess boards are left around to play. On a previous visit to the tea company I was lucky enough to have my future told by a tarot card reader; you, too, could have the chance to partake in a card reading.

Mad Hat Tea Company sells bags of their tea in addition to the cups, and the tea can be found served in various cafes and coffee shops across Tacoma. Tea by the cup costs \$2.50, incredibly reasonable for the

amount you receive (compared to the average coffee), and you can buy a bag ranging from \$5.00 to \$40.00.

My friend and I each enjoyed a cup of free tea. The owner cheerfully announced it to be free tea day and let us enjoy a large mug of whatever steaming cup we desired.

I savored a cup of vanilla honeybush tea. Initially, I was off put by the bitterness of the tea, but by the second sip the sweet and delicate flavor of the vanilla was evident. This decaffeinated tea was perfectly soothing and counteracted the rainy weather.

We intend to relax and study at Mad Hat again and hope that you too will try this quirky hang out.

If you are yearning for a break from campus or the perfect spot for some intellectual stimulation, go experience Mad Hat Tea Company. It is open Mon. - Sat. from 10 a.m. - 5 p.m. and is located on 1130 Commerce St. Tacoma, WA 98402.

Port of Morrow proves The Shins can still change your life

By SAMI ROSS

Remember that infamous scene in *Garden State* when Natalie Portman hands her headphones to Zach Braff and assures him that The Shins will change his life? At that moment, unless you were already hip and in the know, The Shins worked their way into the hearts of indie rock lovers everywhere.

James Mercer, the driving force behind The Shins, has come a long way from "New Slang," and proves that sunshine rock can get better with age.

The Shins' first album in five years, *Port of Morrow*, could have been a flop. It could have been predictably quirky, perfectly likable, but entirely forgettable. Indie bands of a certain sound sometimes struggle to stay fresh after a few albums.

However, fans can rest assured that *Port* has kept all of the best Shins qualities, but still reflects clear growth.

Mercer walks the fine line between simplicity and depth on this album. His messages are less abstract, but that isn't a bad thing.

The first song on the album, "The Rifle's Spiral," makes it clear that *Port* hosts more elaborate instrumentals than the previous Shins' records.

"Bait and Switch," "It's Only Life," and the title track, "Port of Mor-



Shins: The iconic sunshine rock of The Shins is not lost but improved upon in their latest release.

row," are all fine examples of what the "new" Shins represents. The music is crisper, the production is more epic and that fuzzy tone that was so popular in 2007 has been significantly subdued.

For those who are still craving The Shins they used to know, "Simple Song" should fill the void. The swinging chorus, "I know that things can really get rough, when you go it alone. Don't go thinking you gotta be tough, and play like a stone. Could be there's nothing else in our lives so critical, as this little home," will be playing a loop in your brain for hours after you give this record a spin, but you know what? It's totally awesome.

Mercer has always been fan-

tastic at providing listeners with hooks that sound like ear candy but on closer listen have the substance of a true musical gem.

"September" and "Fall of '82" are easily the two standout tracks. "September" is sweet yet solid. It tells a beautiful story about two lovers: the difficult narrator and his relentlessly patient partner. The track is chock full of lyrics that demand multiple listens.

"Fall of '82" is a real game changer. With a superb horn presence and a straightforward narration that relies very little on metaphorical devices, this song is one of the strongest examples of how The Shins have developed as a band.

Port of Morrow leaves no doubt that The Shins have undergone a transformation. However, old fans should not fear disappointment. The uplifting lo-fi jams and Mercer's always-appealing falsetto are still intact.

After five years, Mercer has created an album that sounds just right; it's inspired by the original band, but not oblivious to change.

GRADE: B+

The Shins will be performing at Sasquatch Music Festival in May. For more information, visit sasquatchfestival.com.

A new Holocaust film through a realistic lens

By EVAN PEARSON

It is the curse of films dealing with the Holocaust to be bound not only by the score of films that also deal with the Holocaust, but also by our culture's conceptions of and expectations for the treatment of the subject matter.

I would be remiss without invoking *Schindler's List*, where the Nazis and their collaborators are undeniably villainous, their Jewish victims honest and respectable and their saviors noble and self-sacrificing.

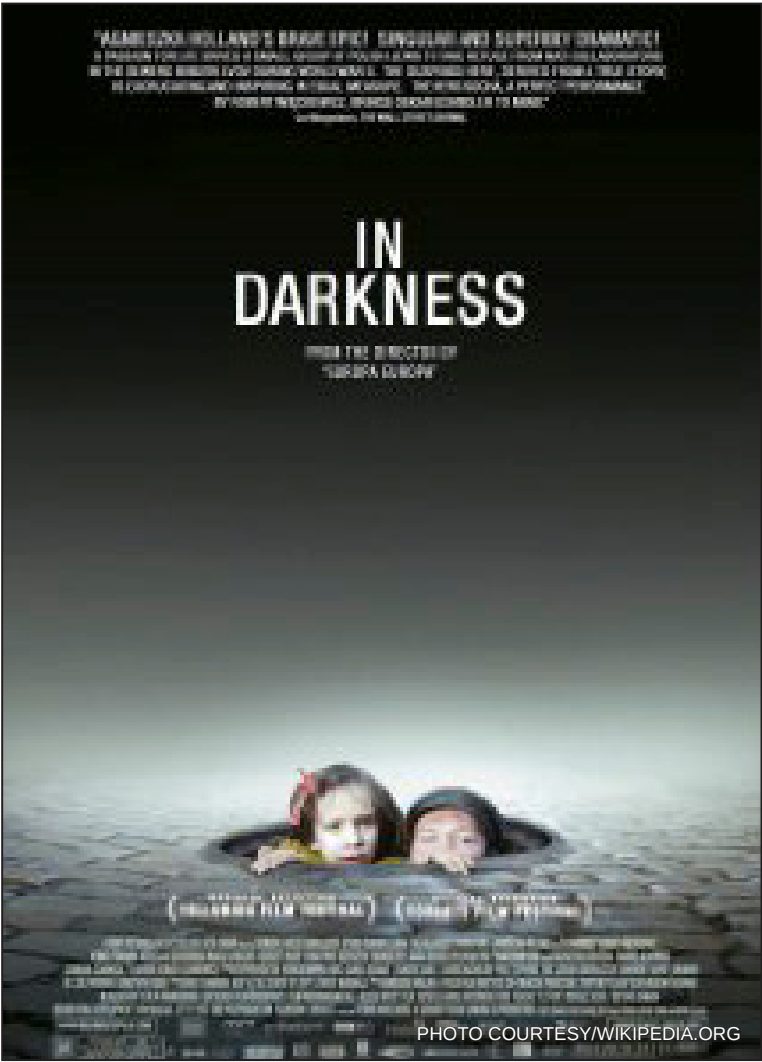
Agnieszka Holland's *In Darkness* complicates these expected portrayals, producing a conflicted and nuanced look of these archetypical personae as actual, flawed people, complete with murder, collusion, impotence, larceny and even sexuality.

Although perhaps not as emotionally wrenching as *Schindler's List* or *The Pianist*, *In Darkness* provides a more realistic picture of the events as they transpired in the now-Ukrainian town of Lvov, as well as the sewers beneath it.

Our flawed protagonist, Leopold Socha (Robert Więckiewicz), has been making his living as a sewer inspector and house burglar in Lvov around the time of the German occupation of the town.

A man who knows the sewers better than any man in town, Socha struggles to care for his wife Wanda and his daughter on the meager amount he makes working and the rare treasures he's been able to steal.

However, one day while patrol-



Holocaust: Although the genre of Holocaust films is seemingly full, *In Darkness* presents an original twist on the traditional understandings of the victims and the criminals.

ling the sewers underneath the Lvov ghetto, he encounters an enterprising group of Jewish men who have succeeded in tunneling their way in, a windfall for the

money-strapped Socha: they offer him bribes to keep quiet, more to act as their guide in escaping the ghetto, and the reward offered for turning them in.

As Socha aids the men and their fellow escapees in avoiding pursuit in the sewers, his conflicting desires between the health and safety of his family, his duties to his friends and coworker and his newfound responsibility for the lives of the 11 Jews under his care threaten to tear his world apart and put his life among many others at risk.

As expected from people forced to live in tight, abject conditions for 14 months, the refugees are quarrelsome, petty and self-interested people, their unique characters and back-stories becoming more distinguished as their time in the sewers wear on.

Not content to convey her characters as two-dimensional victims of the atrocities, Holland devotes adequate screen time to more natural human circumstances, from frequent and semi-covert copulation, to thievery, murder and even childbirth, all within the dark confines of the sewer.

The most prominent villain, Socha's Ukrainian friend who works as a captain along side the Nazi occupiers, is rendered at first with surprising geniality, while the worn down security and even sanity of the refugees provokes outbursts and confrontations wholly human and unique to people pushed beyond their breaking point, one refugee returning along the sewer to a concentration camp and refusing an opportunity to escape based on her unwillingness to die in the sewer.

The wobbly camera not only

reveals the hands-on approach to cinematography employed in the film, but conveys the sense of ragged dynamacy that Socha's wards feel at every turn in the plot, each moment of comfort for the escapees only seconds away from discovery or capture by German soldiers or bounty hunters who want the reward for turning them in.

As you would imagine given the name, lighting and the lack thereof characterizes most shots and the two hiding spots of the refugees serve as the setting for the majority of the film with surprising results.

The hurried, shrouded eye of the camera allows the audience to feel the tense uncertainty that dogs the escapees for the majority of the film, the few moments above ground interspersed with such terror of discovery that the safety of the sewers is palpable by contrast.

A masterful new take on a popular and codified topic, Agnieszka Holland's *In Darkness* is a continuation of the same artistry that permeates *Europa, Europa*, her most well known work alongside the episodes of *The Wire*, *The Killing* and *Treme* that she also directed.

Although our culture may be saturated at this point dealing with the Holocaust, Holland's *In Darkness* surpasses many such films in directorial artistry, rendering a gritty, conflicted and undeniably human take on dire events in the history of the Ukraine.

Tallgrass Gothic overcomes script inadequacies

By TALISON CROSBY

On Friday, March 30, the University of Puget Sound Senior Theatre Festival 2012 presented *Tallgrass Gothic*, a 75-minute drama set in the great plains.

Directed by Marissa Miles-Coccaro, the play focused on Laura (Sarah Smith) who is stuck somewhere between an abusive marriage to Tin (Stephen Hamway), and the love of her life, Daniel (Peter Wallerich-Neils). The play follows Laura as she falls further into a fantasy of escape and freedom with Daniel and becomes more frustrated with her husband.

Written by Melanie Marnich, *Tallgrass Gothic* was first staged in 1999 and is a fantastic tale inspired by the classic Jacobean tragedy "The Changeling." The play is peppered with wonderful biblical symbolism.

Sarah Smith starred as Laura, and at the beginning of the show, the entire audience seemed to be rooting for the character.

The audience waited and wished for the moment when Laura would finally leave her husband to be with Daniel.

However, as the show awkwardly progressed between scenes, it became nearly impossible to sympathize with this Midwest housewife. Smith demonstrated a first-class portrayal of Laura, but unfortunately the script offered few redeeming moments for the protagonist.

At the end of the play, as Laura fell into her personal hell, haunted by the ghosts of her husband and best friend Mary (Natalie Keller), the audience felt that she finally got what was coming. Unfortunately, the final scene was so pathetic that the audience was left unsatisfied.

Surprisingly, I felt the most sympathy for Laura's husband Tin and her best friend Mary.

Although Stephen Hamway's portrayal of Tin seemed awkward and unrealistic at times, the second that he showed his softer side, the audience gained a subconscious understanding of Tin's desperation to keep the love of his life.

Mary's story was even more heart-wrenching. Throughout the course of the play, the audience slowly began to realize that Mary was secretly in love with Laura. Natalie Keller's portrayal of Mary was the most touching performance of the cast. Her drunken goofiness was both perfectly hilarious and endearing. Keller beautifully and subtly portrayed the frustration of watching the love of her life poison herself with two doomed relationships.

Laura's love interest, Daniel, was played by Peter Wallerich-Neils. Wallerich-Neils's line delivery was genuine, but the character of Daniel himself seemed to lack depth. Although Laura and Daniel's relationship seemed hopeful at the beginning of the show, Daniel became nothing more than a dream-like fantasy that represented escape.

Whether this was deliberate or not, it left the audience uninterested in Laura's one wish and the driving plot of the story.

Other performances included Connor Kurth as Filene, the hilariously sly and brutally honest "villain" of the show, and DJ Henderson as Scotto.

Kurth added the perfect amount of comic relief to the show, but his character sometimes seemed over-the-top and the Satan metaphors (particularly his continuous use of an apple to tempt Laura) seemed a

little in-your-face.

Henderson was the most believable character in the show. He provided honesty, genuine emotion and natural well-timed comedy. It's a shame that he had the smallest part in the play.

The direction of the show was splendid for the most part. However, directing a play in the round always presents many challenges, and it definitely showed.

Miles-Coccaro's direction occasionally left the majority of the audience missing out on beautiful performances from the actors. The fight choreography also seemed a bit awkward (which makes sense, when you're trying to mask fake falls, shoves and throws from an audience seated in the round, completely surrounding the cast.)

All in all, Miles-Coccaro's production of *Tallgrass Gothic* was one of the better productions I've seen at Puget Sound.

Despite the occasionally awkward direction and a protagonist who lost the favor of the audience early on, *Tallgrass Gothic* had some truly beautiful performances from a couple stand-out actors.

The play's strong biblical symbolism also provided some hauntingly accurate parallels between Eve's struggle and the life of all of us.

Dramaturg Thomas Crawford accurately describes the audience's moral struggle in the program notes:

"In *Tallgrass Gothic*, Melanie Marnich removes the Eve archetype from her theological pedestal, and in lowering her to the status of a regular American woman, shows us that perhaps we all have more in common with our fallen mother than we are comfortable believing."

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